



# BAR HILL NEWS

Brought to you by the Bar Hill Community Association  
March 2024 Issue 654



## The Europe Challenge

*Congratulations to Bar Hill Library who have been selected to take part in the Europe Challenge in 2024, alongside 55 other libraries and communities across 24 countries! More details are on page 26.*

# Europe Challenge 2024: Libraries, Communities and Democracy



## Participating libraries & communities receive...



Funding of up to €10,000



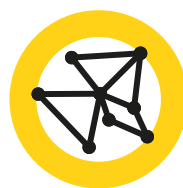
Skills and knowledge-development sessions



Travel to live meetings across Europe



Mentoring by programme alumni



Networking and exchange opportunities



Showcasing the final outcomes

## Europe Challenge 2024 on a map



**24**  
countries

**55**  
places represented

**10**

countries participating for the first time, including

SWEDEN HUNGARY  
GEORGIA ALBANIA  
**FRANCE ROMANIA**  
CROATIA  
**IRELAND**  
SLOVAKIA  
CZECH REPUBLIC

**Every Monday, 10- 12 (unless otherwise listed) in the Octagon (opposite Maple Surgery)**  
**The Hub is for people of all ages as a place to gather & enjoy community!**

4 March	Coffee Stop	Health & Wellbeing 10:15 -10:45
11 March	Foodbank Citizens Advice	Carers Café 10-11:30 featuring 'Caring Together' speaking on 'What If plans'
18 March	Meet a Parish Councillor	Health & Wellbeing 10:15 -10:45
25 March	5AsideChess	Evergreens NEW SERVICE

**WHEN:** Every Monday 10am – 12pm

**WHERE:** The Octagon (opposite Maple Surgery), Bar Hill, CB23 8EH

**WHAT:** Our vision is to create a fairer and friendlier community, so everyone can thrive and knows where to turn to for warmth, welcome, friendship and support. The Hub is a busy gathering space, providing a warm, comfortable, welcoming space for our entire community. Come along and join us, we look forward to seeing you!

**Coffee Stop:** Pop in for a coffee, a piece of delicious home-made cake and a chat with friends, old and new!

**Foodbank:** No need for any vouchers. If you are struggling financially, drop by and let us help you, available from 9am

**Citizens Advice:** to book an appointment, please either:

Email: [barhill@cambridgecab.org.uk](mailto:barhill@cambridgecab.org.uk) (NOTE our new email address) or,

Send a PM: Kevin Potts using Facebook Messenger or,

Phone: and leave your details with our freephone number: **0800 088 6522**

**NEW SERVICE:** Evergreens, is a safe space for those with memory loss to enjoy: Conversation, Connection, Celebration. Accompanied by a carer, friend or family member.

**When:** 4th Monday of each month. **NOTE:** Initially clients/carers are being identified and invited in partnership with the village Social Prescribing team.

**Health & Wellbeing:** On the 1st & 3rd Monday, take advantage of some exercise guidance from our experienced coach and visiting speakers (starting at 10.15am)

**Carers Café:** On the 2nd Monday of the month, providing support for any carers in the village, even if you are not a patient of Maple Surgery

**Meet a Parish Councillor:** you can meet one of our Parish Councillors to discuss any issues within our village, between 10am and 12pm within the Coffee Stop. Just look for the sign within the Coffee Stop.

**5AsideChess:** A great way to connect and start a conversation with people happy to teach you this wonderful game. Come along and join us for refreshments and a chat!



<b>Chair of Trustees</b>	Andy Pellew
<b>Vice Chair</b>	Anthony Mitchell
<b>Secretary</b>	Jenni Foster-Smith
<b>Treasurer/ BHN Advertising</b>	Hilary Whipp
<b>BHN Editor</b>	Andy Pellew
<b>Features Editors</b>	Liz Dams, and Bridget Wilson
<b>Trustees</b>	
Bunty Waters	Jo Hall
Kate Da Costa	

If you'd like to contact the BHCA then you can either write to us **c/o Bar Hill Parish Council Offices, Hanover Close, Bar Hill. CB23 8EH**, email [chair-of-trustees@barhill-ca.org](mailto:chair-of-trustees@barhill-ca.org), or call **07814 871752**.

We meet monthly on the second Tuesday at 7:30 pm in the Fox. If you'd like an agenda please get in touch!

Opinions expressed in this publication are not necessarily those of the Association. Anonymous letters will not be published. Names and addresses may be withheld. There is no charge for Articles, What's On, For Sale or Lost and Found. These appear at the Editor's discretion.

All items should be submitted to [bhn-editor@barhill-ca.org](mailto:bhn-editor@barhill-ca.org)

**See [www.barhill-ca.org](http://www.barhill-ca.org)**

## Editorial - March 2024

This month I'd like to welcome Floor Coverings Cambridge as our newest advertiser - you can see them on page 14, and The Fox have returned on Page 40.

One last bit of Christmas news from last year - we'd like to thank everyone who donated to the Christmas Tree last year. We raised a little under £90 in the donation buckets on the day!

As a charity we are now registered for Gift Aid so every penny donated can be boosted by a 20% addition direct from HMRC providing the donor is a UK tax-payer. All we need to make this happen is a donation form - please email [chair-of-trustees@barhill-ca.org](mailto:chair-of-trustees@barhill-ca.org).

Our big push this month is volunteering. We have a number of active trustees but as the number has diminished in the last couple of years we find we are being stretched more and more to run events. This is particularly true around fundraising.

If you would like to join us we would be more than welcome to see you. You can either contact [volunteering@barhill-ca.org](mailto:volunteering@barhill-ca.org) and we can meet for a discussion or you can attend one of our monthly meetings (second Tuesday of every month at 19:30 in the Fox). You do not need to be a trustee; you can just volunteer to help!

As part of our work to Digitise the Bar Hill News archive I'm very happy to report that we have located a "missing" copy from February 1980! We are always on the lookout for books and magazines from this era (not just the Bar Hill News, but local guides, letters, plans, etc as well), if you have anything please let us know!

And finally I'd like to note that Wellbeing Walks, which had been paused since the start of the year, will be restarting on Tuesdays in the 1st and 3rd weeks of each month. The walks will now end in Bar Hill Library with a free tea (or coffee). I hope to see you there.

## LETTERS, NOTICES & ANNOUNCEMENTS TO THE EDITOR

Please send your letters & notices to [bhn-editor@barhill-ca.org](mailto:bhn-editor@barhill-ca.org). Thank you!



### Donations in Loving Memory of David Small (died 16/10/2023)

We would like to say Thank You to anyone who made a donation to Bar Hill Colts FC in memory of David.

We have been informed the total to date is £622. If anyone would still like to make a donation please contact Kevin Houston (Chairman of Bar Hill Colts FC).

Thank You from Michael & Bridget Small

Hi all,

Would you be interested in joining the Bar Hill Ladies Book Club? We meet once a month in the Social Club to discuss a book (this month's book is The Magician by Colm Toibin) and would welcome new members!

If you are interested in joining please email [sheilafarrar@hotmail.co.uk](mailto:sheilafarrar@hotmail.co.uk) or call/text 07920 558319.

Thank you, Sheila Farrar



## Rhymetime

Every Tuesday  
2.30pm—3pm

Relationship | Personal | Family |  
Children & Young Person | Autism  
Relationship | Intimacy | Relate4Parents

**RELATE  
COUNSELLING**  
**IN YOUR AREA**

Highly Trained Specialists  
Appointments Available Now

Tel: 01302 347866

Website: [www.relate.org.uk/centre/cambridgeshire](http://www.relate.org.uk/centre/cambridgeshire)

### 8 o'clock club

The club is a women's group who meet on the 1st Thursday of the month at 7.30pm in the school.

Our next meeting is on Thursday 7 March when we will be celebrating our 51st Birthday with a buffet meal for members only.

We welcome back our members and if you are new to the village and would like to join please come along or for more information please phone Barbara 204171 (07847 327709) Adela 204265 or Ann 204687



## Wildlife, gardening in March

Leave a patch of your lawn to grow longer. It will become a haven for all sorts of garden wildlife, including grasshoppers, moths and butterflies. It will also offer damp hideout for moths, amphibians and reptiles. Nature needs us to work alongside it rather than against it. Our pollinators from bees, wasps (wasps actually pollinate more than bees and are so unappreciated) and beetles to hover flies need us to provide food and a home for them. Insects benefit from messy areas in the garden and caterpillars also need food plants. In turn, the birds will be attracted to a greater abundance of insects and are more likely to make a home in or near your garden. Did you know the blue tit nestlings need up to 100 portions of food per chick, with an average of eight or nine chicks in the nest, that is a lot of food. These are mainly green caterpillars if they can find them but chicks are also fed with insects and even aphids.

## Bar Hill Fete & Festival 2024

We're really excited to bring you news about the Bar Hill Fete & Festival 2024! Our theme is a summer festival vibe (which we hope will bring the sun). Save the date - Saturday 13th July, 2pm onwards on the village green and in the church. We will have rides, games, stalls and displays as well as our fabulous entertainment. This year the Fete & Festival will start with a bang! Well, a banging of drums - thanks to Fruity Clave who will be bringing a Samba Vibe to our summer event. We will then have entertainment through the afternoon including GH Dance Academy, music from acoustic star Simon Day, bands from Swavesey Village College, the amazing Glamtastic and finishing off the live music the Riffugees. There will then be a disco for all those still dancing.

As ever we need help to run the event so if you're able to help either before or on the day it would be greatly appreciated. Please contact [kateb@barhill-ca.org](mailto:kateb@barhill-ca.org)



BAR HILL  
SPORTS  
& SOCIAL CLUB

# COCKTAIL NIGHT

£12  
INCLUDES  
3 DRINKS  
+ NIBBLES

GET YOUR TICKETS  
FROM THE BAR

## 23RD MARCH FROM 8PM

The poster features a blue background with a watercolor-style splash of blue and white at the top. In the center, there's a circular logo for 'BAR HILL SPORTS & SOCIAL CLUB'. Below the logo, the text 'COCKTAIL NIGHT' is written in large, bold, white letters with a black outline. At the bottom, there are four glasses of different cocktails: a gin and tonic with a lime wedge, a mojito with a lime wedge, a cocktail with a lime wedge and a cherry, and a cocktail with a lime wedge and a cherry. To the right of the glasses, the text '£12 INCLUDES 3 DRINKS + NIBBLES' is written in a stylized font. Below that, it says 'GET YOUR TICKETS FROM THE BAR'. At the very bottom, the date and time '23RD MARCH FROM 8PM' are written in large, bold, white letters with a black outline.







With lots of celebrations in February, the children were busy learning about Chinese New Year and which animal sign represented their own birthday. We made lanterns, 'Happy Lunar day' cards and spiral dragons, as this year is the 'year of the dragon' perfecting our scissor skills as we cut around the spiral lines.

Alongside this we have been thinking about 'People who help us' with this fortnight being the dentist. We have practised cleaning teeth and learning about health and unhealthy foods.

The following week was Pancake Day on the Tuesday, so we had lemon scented playdough, making our own special pancakes through the day as well as lovely pancakes for afternoon snack. On Wednesday we had a heart theme for Valentines Day. We then closed on the Friday for the half term week.

During the half term we used the time to tidy and prepare the garden ready for the next half term.

We reopened 26th February and started our surprise cards and gifts for our wonderful mums ready for mothering Sunday. We are also looking forward to World book day on 7th March,

Interested in finding out more and booking a place for your child? Contact [enquiries@barhillpreschool.co.uk](mailto:enquiries@barhillpreschool.co.uk) or call **01954 782892**. You could also visit our website [www.barhillpreschool.co.uk](http://www.barhillpreschool.co.uk) for an enrolment form.

Children are offered places from the term after the child's second birthday. We are open 9am-3pm in term time only.

Funding and Childcare payment schemes are accepted.

# DRAKE

## Heating and Plumbing

Boiler Installations  
Bathroom Installations  
Underfloor Heating Installations  
Central Heating Installations  
Boiler Servicing  
Gas Safety Checks / Landlords  
Boiler Breakdown  
Emergency Call-outs

Mobile: **07496 503 770**

Office: **01954 781 478**

[drakehandp@icloud.com](mailto:drakehandp@icloud.com)

Find us on 

[Facebook.com/drakehandp](https://www.facebook.com/drakehandp)



OVER DAY CENTRE

**Sunday  
12th May 2024**



**Back by popular request. All proceeds to go to Over Day Centre, this year to help raise further funds towards solar panels.**

Meet at Over Day Centre, Drings Close, CB245NZ from 10.00am, for a 12.5 mile walk through the beautiful Cambridgeshire fens to the Pike & Eel, the Ferry Boat, the Three Tuns, the White Horse, to finish at the Over Community Centre.

Minimum donation of £12 per adult, children free. Under 18s are very welcome but must be accompanied by a responsible adult. The length of the route may make it unsuitable for younger children.

Details of registration and how to donate will be published soon.

The Over Day Centre, 1 Drings Close, Over, Cambs, CB24 5NZ  
Registered Charity No. 1196202.

## Bar Hill Church Knit & Natter

We continue to meet regularly on a Thursday afternoon from 1.30 until 3.00pm at The Octagon. All are welcome.

As a well established friendly group, we enjoy knitting and are all very good at "nattering".



Our aim has always been to welcome and encourage people to join and meet old friends and make new ones. Also to encourage people to use their knitting skills to make things that other people need anywhere there is a need.

We have made vast quantities of baby clothes, scarves and hats for children and adults wherever the need arises in this country or another. We recently made a number of blankets to go into Food Bank parcels at Christmas.

We are always very grateful for donations of wool for our projects if anyone has any spare.

Thank you for recent donations they are greatly appreciated.



During our afternoons together, as well as knitting and nattering, we have a regular exercise slot when Wendy

keeps us stretched and strengthened with fun exercises. (soon after that we have tea and cakes !!)

Are you interested in joining us? Either phone me or just turn up on a Thursday afternoon. We look forward to seeing some new faces as well as our lovely familiar ones. P.S. You don't have to be able to knit to join us, we are very happy with nattering. Sue Kenchington **780260**.

## Do you need a chiropodist?

For a professional service in your own home



**201256**

**07494 196065**

**Michelle Dolan**  
Podiatrist/Chiropodist



HCPC  
Registration  
number  
**CH34864**

# SPECTRUM



## CONSERVATORIES WINDOWS DOORS



**MOBILE: 07702 895673**  
**TEL: 01954 789478**



## Olive Tree Bereavement Group

Spring is on the way, and although for most of us it is an optimistic time, for many it can be overshadowed by thoughts of loneliness or bereavement and loss.

Our meetings are held at 10.30 am on the second Saturday of the month, in the Octagon, and the next one will be on Saturday 9th March. We would love to see you whether you are a regular member, a new member or if you have never been before.

We are a very welcoming group where you can talk freely and where confidences are always respected. There will be time to share your experiences, join in discussions and get to know others in the group.

If you are not sure whether the group is right for you, please phone one of us to discuss it. We welcome all newcomers but would ask that you come at 10am so that we can explain the format.

The leaders, who are CRUSE trained, and the other members of the group will offer a warm welcome, and you will meet other people who have been through loss and who understand the pain and difficulties that this brings.

For more details, telephone Sue Kenchington at **780260**, Chris Stannard at **781978**, or Maggie Cox at **488657**.



EXPRESS ROOFING SERVICES											
5-10 year guarantees		<b>Flat Roofing Specialists</b> Emergency 24 hour Service Roofing for over 25 years								Competitive Rates	
		* Insurance work * Guttering * Facia Boards * Garages & Extensions * Re-roofing & repairs									
		<b>Prompt Reliable Service</b>									
		 <b>01487 841008</b>									
		Mobile 07860 680550 37 Greenfields, Earith									



# Steve Jolley

## Plastering & Tiling

33 Field View  
Bar Hill  
Cambridge  
CB23 8SX

Home 01954 780445  
Mobile 07727 203626

# BAR HILL DISTRICT COUNCILLOR'S REPORT

Cllr Bunty Waters - [bunty.waters@ntlworld.com](mailto:bunty.waters@ntlworld.com)

01954 201421/ 07734 690580



Welcome if you are new to the village, meet me in the HUB on Monday mornings for a coffee, you can contact me if I can help in any way or you would like more information

## Council Tax:

It's that time again when the Council Tax drops on the mat, but you can get help with Council Tax

If you are responsible for paying Council Tax for the property you live in and you are struggling to pay your Council Tax the following may help: • If you have not already applied for Council Tax Support, you can make an application online.

[www.scambs.gov.uk/council-tax/what-council-taxdiscounts-and-support-can-i-get](http://www.scambs.gov.uk/council-tax/what-council-taxdiscounts-and-support-can-i-get)

An example, a resident has told me that it worked for him and he has £185 off his Bill!

Even if you are working you may still qualify. There is a calculator on our website which will give you an estimate of any entitlement. • You may be eligible for a discount such as the Single Person Discount i.e. if you live alone • You could spread payments over 12 months instead of 10.

## Planning Permission

Greater Cambridge Shared Planning has launched an easy online checker to determine if planning permission is needed for various projects like dormer windows, fences, porches, and more. Explore the checker for quick answers on various projects at [https://](https://greatercambridgeplanning.org/planning-applications/check-ifi-need-planning-permission)

[greatercambridgeplanning.org/planning-applications/check-ifi-need-planning-permission](https://greatercambridgeplanning.org/planning-applications/check-ifi-need-planning-permission) Are you considering solar panels? The team has also extended the



content on planning permissions specifically related to solar panels. Find out more at

<https://greatercambridgeplanning.org/planning-applications/solar-panels>

## High Energy Bills ?

Some 'quick wins' you can do yourself to help reduce the amount of energy you use: draught proofing doors \_ switching to efficient LED

light bulbs - using radiator reflectors - adding more insulation to your loft.

## Competent Builders – have you had a problem ? Please share:

The importance of appointing a competent builder means that anyone who appoints a person or organisation has a legal duty to ensure they are competent. Competence means they possess the appropriate skills, knowledge, and behaviours, and, if a company, the organisational capabilities to carry out the design and building work they are engaged to do. For more information, visit the Health and Safety Executive website at [www.hse.gov.uk/building-safety/assets/docs/regime-overview.pdf](http://www.hse.gov.uk/building-safety/assets/docs/regime-overview.pdf) For further advice and to apply for a Building Regulation application visit [www.3csharedservices.org](http://www.3csharedservices.org) or contact us at on 0300 77 29622 or [buildingcontrol@3csharedservices.org](mailto:buildingcontrol@3csharedservices.org)

## Grants for community groups and parish councils

If you are from a local community group or parish council, I encourage you to make the most of the council's available grant schemes. The GrantGrabber service helps you search for available grants – all in one place

# Bar Hill Church news

## Services

Sun 3 Mar, 10:00 am: Holy Communion

Sun 10 Mar, 10:00 am: Mothering Sunday

Thu 14 Mar, 10:00 am: Midweek Communion

Sun 17 Mar, 10:00 am: Holy Communion

Sun 24 Mar, 10:00 am: Palm Sunday

Thu 28 Mar, 7:30 pm: Maundy Thursday Evening Service

Fri 29 Mar, 10:00 am: Good Friday

Sun 31 Mar, 10:00 am: Easter Sunday (note British Summer Time starts this morning so clocks go forward one hour. However, if you like a really early start, join us outside Bar Hill Church at 6:00 am for a walk to Lolworth Church and an early Easter Morning service there, followed by refreshments back at Bar Hill before the main Easter Sunday service begins.)

Sunday morning services can also be attended via Zoom: meeting id 882 9761 3899, password: 284740.



## Morning Worship (by Zoom)

8:15 am Mondays to Fridays, by Zoom only, for approximately 20 minutes. All are welcome. (Use the same Zoom link as above.)

## About us

Bar Hill Church is an ecumenical partnership working with the Church of England, the Baptist Union, the Methodist Church and the United Reformed Church.

## Contacts

Church Office: Ian Farr, 01954 206120, [church.office@barhillchurch.org.uk](mailto:church.office@barhillchurch.org.uk)

Working hours usually include Monday, Tuesday and Wednesday mornings.

Minister: Revd Wendy Wale, 07780 828865, [minister@barhillchurch.org.uk](mailto:minister@barhillchurch.org.uk)

Working days are Monday, Tuesday, Thursday and Sunday

Website: <https://barhillchurch.org.uk>

Facebook: <https://facebook.com/barhillchurch>



Gas boiler service from £64

New boiler installations

Carbon monoxide alarms fitted.

New radiators fitted.

Heating systems upgraded.

Landlord certificates & gas safety checks.

All plumbing work undertaken, local friendly service.

Fully insured.

**01954 267054**

**07870520702**

[www.cambridge-plumber.co.uk](http://www.cambridge-plumber.co.uk)

[jim-edwards@live.co.uk](mailto:jim-edwards@live.co.uk)



## M & M Heating & Building Services

- Full Gas & Oil Boiler installation
- Full Heating Systems
- Boiler Servicing and Landlord Certificates
- Power Flushing
- Full Bathroom Design & Installation
- All Plumbing Works Large and Small
- Extensions, Alterations and Repairs
- Refurbishment and Renovations
- Kitchen Design and Installation
- All Carpentry Works



**01223 691599**

07766 281962/07832 261791

[info@mandmheating.co.uk](mailto:info@mandmheating.co.uk)

[www.mandmheating.co.uk](http://www.mandmheating.co.uk)



10 SOUTH ROAD, IMPINGTON, CAMBS, CB24

## Cambridge Solar Ltd

Local, Friendly, & Professional since 2009

Contact us today for a quote.

**01223 863 885**

[cambridge-solar.co.uk](http://cambridge-solar.co.uk)

Since 2009, Cambridge Solar Ltd has installed nearly 400 solar energy systems at homes and business around Cambridgeshire, including the Bar Hill Village Hall in 2014. We are committed to serving our community through honest, high-quality workmanship engineered to each client's goals.

**Winner:** 2018 British Renewable Energy Installer of the Year, from the REA

**Winner:** 2018 Solar PV Installer of the Year, East of England Energy Efficiency Awards

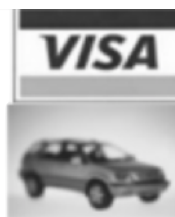
cambridge·solar

## AIRPORT CARS CAMBRIDGE



- Long distance journeys and airport transfers
- Non smoking, air conditioned executive cars
- Prompt, reliable and courteous door to door service
- 5 to 8 seater MPV for family holidays
- Cruise terminals & Eurostar

For the most competitive quote



Mick 07442 497 601 [enquiriesairportcars@gmail.com](mailto:enquiriesairportcars@gmail.com)



## Crafts Shed - March 2024

CraftsShed members continue to meet in the Octagon Meetings Room, on Thursday Mornings from 0930 to 1230. Whilst extremely grateful to the Leadership of Bar Hill Church for letting us do this we still require new accommodation. We are working with both the Parish Council and County Council to help find and secure a suitable venue. The new storage shed has been erected behind the Octagon. This has been funded by a "Community Chest Grant" from South Cambridgeshire District Council for which we are extremely grateful.



CraftsShed is a Registered Charity supporting our local Community. Many various benches have had a makeover in our village in the Childrens' Playground, Tennis Courts, Allotment Society and also near to the Scout Hut. Other items repaired / upgraded are a Rocking Chair, Garden BBQ Trolley. Please visit our Website @ <https://craftsshedbh.wixsite.com/barhill>

Individuals will continue to help make items, and as a group we will undertake small projects for our Community.

On a Thursday Morning there will be a display outside of the Octagon weather permitting. We have some second-hand tools that will be available to sell for a donation

We don't only meet for coffee / tea but also arrange a trip out to places of interest. As you read this we will have visited the Fitzwilliam Museum looking at wooden tools in Egyptian times. If you are over 18 and would like to come and join us, please contact Chris or Nick.

Nick Gunton, Secretary [nickgunton53@gmail.com](mailto:nickgunton53@gmail.com) or 07484255514 / Chris Stannard, Chair 07711623425.



## Bar Hill Day Nursery and Out of School Club

[www.buttercupschildcareltd.co.uk](http://www.buttercupschildcareltd.co.uk)

Bar Hill Day Nursery is based in Gladeside, Bar Hill. We are open 7.30am – 6pm, Monday to Friday, 50 weeks per year. We have spaces year-round or term-time for children aged 4 months to 4 years. Please contact the Nursery for more information or to arrange a visit. **Phone: 01954 488081 Email: [info@buttercupschildcareltd.co.uk](mailto:info@buttercupschildcareltd.co.uk)**

Bar Hill Out of School Club is based in the building next to Bar Hill Primary School. We offer Before and After School care and Holiday Club for Primary aged children. We are open 7.30am – 8.45am, 3pm – 6pm Monday to Friday and 8am – 6pm during school holidays. For more information or to make a booking please contact the Out of School Club: **Phone 01954 200814 Email: [oosc@buttercupschildcareltd.co.uk](mailto:oosc@buttercupschildcareltd.co.uk)**



**Consultations by Appointment Only**  
*In an emergency please telephone ahead*

### HARDWICK

169 St Neots Road, Hardwick  
Cambridgeshire, CB23 7QJ  
**Tel: 01954 210250**

### PAPWORTH

Pendrill Court, Ermine Street North  
Papworth Everard, Cambridgeshire, CB23 3UY  
**Tel: 01480 831615**

[www.ashcroftvet.co.uk](http://www.ashcroftvet.co.uk)

**Out of Hours Tel: 0845 500 4247**



# L.C Electrical Contractors Ltd

Our dedicated, friendly team offer a comprehensive range of electrical services from domestic repairs, installs and rewires to Commercial installations, maintenance and upgrades.

**Our services include, but are not limited to:**

- Solar PV & Battery Installers
- Specialists in wiring Heating Systems and fault finding
- Domestic and Commercial Work
- CCTV
- New Installations
- Periodic Inspections / EICR
- Re-wiring
- Fire Alarm Servicing and Installation
- Electric Car Chargers – OLEV approved installer
- Emergency Lighting, Data and Network
- 24/7 Emergency Call out
- Fault finding and repairs
- Portable Appliance Testing

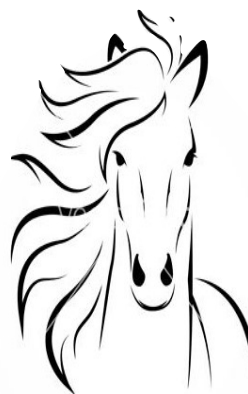
Please call for honest advice and free quotes from trusted, experienced electricians.

Tel: 01954 261501 | Mob: 07833 133990

lc.electrical@btinternet.com | [www.lcelectrical.co.uk](http://www.lcelectrical.co.uk)



## THE BLACK HORSE



**WALKERS  
AND DOGS  
WELCOME!**

### FREE HOUSE

Relaxed dining & drinking

Home-cooked food

Coffee, tea & cakes

Special events catering available

See our website for hours and upcoming events

[www.blackhosedrydrayton.com](http://www.blackhosedrydrayton.com)

01954 488150



## Bar Hill's Newspaper Delivery Service

**ANY newspaper or magazine, ANY day of the week  
delivered to your door by 7.30am.**

£1.50 – Saturday + Sunday

£2.00 – Monday to Friday

£2.50 – Monday to Sunday

(Plus the price of your selected paper or magazine)

Set up in 2011 we deliver to households and businesses in Bar Hill, Offering you a simple, reliable service for a great price.

Tel: 07832122534 - [info@yourlocalpaperboy.co.uk](mailto:info@yourlocalpaperboy.co.uk)

## MOTUS PHYSIOTHERAPY

SIMPLE AND EFFECTIVE

Chartered Physiotherapists | In Girton |  
Ample Free Parking | Home visits |  
Accept Private Medical Insurance and  
Self Funders

01223 949405

W: [www.motusphysiotherapy.co.uk](http://www.motusphysiotherapy.co.uk)

E: [info@motusphysiotherapy.co.uk](mailto:info@motusphysiotherapy.co.uk)

Prime Time Fitness, Oakington Road, Girton,  
CB3 0QH

**A. Denton**  
**Painting & Decorating**  
*High Quality*

**INDUSTRIAL**  
**COMMERCIAL**  
**DOMESTIC**

102, Stonefield  
 Bar Hill  
 Cambridge  
 CB3 8TB

**01954  
 782472**

**FLOOR COVERINGS**

Cambridgeshire's largest flooring showroom est. 1996

Luxury Vinyl Tiles (LVT)  
 Laminate - Hardwood & Natural  
 Over 3500 Carpet samples  
 Cushion Vinyl

**FREE** no obligation quotes.  
 Fitted by fully employed craftsmen with over  
**100** years experience.

**01223 233233**  
**www.floor-coverings.net**

**Showroom:**  
 Unit 31-32 Dry Drayton Industries, Scotland Road,  
 Dry Drayton, Cambridge CB23 8AT  
 Open: Mon - Sat 9-5

 Scan to see our showroom

 **WINNER 2015**  
 Interior magazine  
 Best flooring retailer

### Bar Hill Catholic Mass

Celebrating our love of God – Meeting with friends – Volunteering

Mass will be held in Bar Hill Church at 6pm on Saturdays. Our services are open to all and everyone is very welcome to attend.

If you have any queries please call Bunty Waters **07734 690580**.

Our local parish priest is Father Adrian Gates, from OLEM, Ditton he is also the Hospital Chaplain - **07842 190882**.

Come & worship & celebrate Christmas - everyone welcome. Contact Bunty Waters for more info.

### Help! We're missing something ...

Maybe it's an article by a group you support? A bit of local news? Or even details of an event? Let us know! Deadline for inclusion in the April issue is **14th March**.

**14**

## CHRIS'S BIKES



### Bar Hill's local cycle centre

2 Thornton Way, Girton, CB3 0NJ  
 (just off Huntingdon Rd)

- Bikes
- Cycling clothing, helmets, gloves
- Bike repair & servicing
- Hire bikes
- Professional, knowledgeable, friendly service
- Wide range of spares/ accessories available
- Plenty of parking
- Magura



**We now offer bikes and equipment**

New  
badges

Build your  
confidence

Learn  
new skills

Make  
friends

Have fun

New  
activities



**Girlguiding**

Bar Hill District

**We help all girls know they can do anything**



**4-7 years**

Girlguiding has a long history of empowering girls and young women to be their best.



**7-10 years**



**10-14 years**



**14-18 years**

From a small handful of girls who gatecrashed the first-ever Scout rally, demanding 'something for the girls', Girlguiding has grown into a vast and vibrant network of members across the UK.

It's been over 100 years since Girlguiding was established, and our members are still pushing boundaries and achieving great things.

## How will your Girlguiding story start?

In Bar Hill, we have a Rainbow Unit, 2 Brownie Packs and 1 Guide Unit. Recent activities include sleepovers, learning new skills and Christmas crafts. With the better weather around the corner (hopefully..) we will be spending more time out and about enjoying the great outdoors.

**Would you like your daughter to learn skills for life while having fun with her friends?**

To register your daughter: [www.girlguiding.org.uk/information-for-parents/register-a-child/](http://www.girlguiding.org.uk/information-for-parents/register-a-child/)

**Would you like to spend time volunteering for Girlguiding? – we can guarantee you will have as much fun as the girls!**

To volunteer: [www.girlguiding.org.uk/get-involved/become-a-volunteer/register-to-volunteer/](http://www.girlguiding.org.uk/get-involved/become-a-volunteer/register-to-volunteer/)

If you have any questions please contact Sarah Rivers, District Commissioner – email [barhillguiding@icloud.com](mailto:barhillguiding@icloud.com)



Welcome back to Bar Hill FC. This month's article is entirely dedicated to our President, Jon York, who sadly passed away on December 13th 2023.

Jon moved to Bar Hill in 1977 having previously served at RAF Wittering. He soon became a well known resident on the village but will always be remembered for his role within Bar Hill FC.

Jon played for Bar Hill for some years into his 40s but when he hung up his boots he threw himself into our club. He was a constant member of our committee for 40 years but would turn his hand to anything to help maintain and improve the club.

Jon lived in Hollytrees with his wife, Marie, and his two sons, Simon and Kevin. Jon loved watching both his sons playing football for Bar Hill. Simon was a very talented right back, quick, read the game really well, and calm under pressure. Kevin was equally talented in his left back role, dominant in the air, and shall we say committed in a challenge – anything but calm even when he wasn't under pressure.

Jon suffered the most devastating loss when both Simon and then Kevin passed away in a short space of time....far, far, too early. In the following years, I was in awe of Jon and how he managed to keep going. Jon introduced an annual charity match known as 'The York Cup' in which former players took on Cambridge Veterans. It was a chance for players to catch up and pay their respects to Simon, Kevin, and Jon. Jon would normally be busy during the game selling raffle tickets but would then relax whilst enjoying a gin and tonic.

To understand the impact Jon had on our club you really have to understand the history of Bar Hill FC - I always



think of the history as having three generations. Starting with the inception of our club in 1972, a great team built under the stewardship of Peter Small. Then from the mid-1980s onwards, another brilliant team managed by Glen Leivers - Jon's favourite team. And then, from around the turn of the century, Paul Prime's excellent team which took the club to new levels. I can think of a few people who have dipped in and out of the club over the whole period but there really is only one person who has been actively involved in our club over those three generations - Jon transcended our club.

When we reformed the club in 2020 the first thing we did was to ask Jon to become our President.

Jon, on behalf of Bar Hill's football family, and from the bottom of our hearts, we salute you. You have done more for Bar Hill FC than any other one person for which we are eternally grateful. We will always remember you and, now you are at peace, we hope that you are also back where you belong with Simon and Kevin.

Stan Williams

Chairman

Bar Hill FC | **07564 817786**



## Helping Hedgehogs in March.

Hungry hedgehogs usually emerge from the winter hibernation towards the end of March. They will be on the hunt for plenty of food to replenish their fat supply ahead of the breeding season which generally starts in April.



You can help by leaving a source of food and clean water out each night. Commercially sold hedgehog food is fine. Alternatively, Cat / Dog food as well as small kitten biscuits, and of course fresh water.

For help and advice on hedgehogs contact:  
Liz Dams **07912 988898**/ Shepreth  
Hedgehog Hospital: **07947 361187**



## Cambs Property Bureau

Looking for a property to rent?  
Want to rent out your property?  
Call us on **01954 260200**

Email: [enquiries@cpbm.co.uk](mailto:enquiries@cpbm.co.uk)  
[www.cambspropertybureau.co.uk](http://www.cambspropertybureau.co.uk)

Address: The Cabin.  
123 Appletrees. Bar Hill. Cambs.  
CB23 8SP

## Andrina B

the footcare specialist

Providing expert treatment in all  
aspects of foot healthcare in  
the comfort of your own home

**Nail Cut • Callus • Athlete's Foot**

**Hard Skin • Corn Removal**

**Fungal Infections • Plantar Faciitis**

**In-Growing Toe Nail • Orthotics**

**Leg and Foot Massage**

To book your appointment call Andrina on

**07966 571 686**

or email: [andrinab@foot-care.co.uk](mailto:andrinab@foot-care.co.uk)

**www.foot-care.co.uk**

Andrina Baldock, Foot Health Practitioner, SAC Dip. FHPP FHPT  
Register for Foot Health Practitioners Member

## Rothwell's Carpet Cleaning

### Carpet Cleaning

**& Stone Floors, Upholstery, Rugs**

*A few points that make us stand out,*

Rothwell's has been in business since 1993

We're an honest local family firm.

Our large truck mounted machines mean more  
cleaning & drying power for excellent results.

Members of both the NCCA and TACCA.

We will move the furniture.

100% satisfaction or it's FREE.



*Call Oliver and Max Campbell  
for expert help today.*

**01223 832 928** [www.Rothwells.biz](http://www.Rothwells.biz)



# WILLINGHAM JAZZ CLUB

WILLINGHAM SOCIAL CLUB, FEN  
END, CB24 5LH

1st SUNDAY IN THE MONTH 2024

12:30 pm- 3:30 pm

DOORS OPEN 12 NOON

**3-Mar: The Jake Leg Lug Band**

**7-Apr: Dave Rance's Rocking Chair  
Jazzband**

**5-May: The Riverside Jazzband**

**2-Jun: The Savoy Jazzmen**

**7-Jul: Mike Barry's Uptown Gang**

Admission £10.00

Fully Licensed Bar. Large Dance Floor. Tea/  
Coffee & Fresh Rolls Available.

For further information call Rosie-Val on  
**01954 789670**



**ENTIRE**  
GROUP



The Complete Gas Heating and Plumbing Company



**Plumbing • Heating • Gas  
Bathrooms • Water Softeners  
Property Maintenance**

**Tel: 01954 204044 • Web: [www.entiregroup.co.uk](http://www.entiregroup.co.uk)  
Email: [service@entiregroup.co.uk](mailto:service@entiregroup.co.uk)**

## NOT TOO NEAR, NOT TOO FAR

**FOR INDEPENDENT FINANCIAL  
ADVICE**

On investments, regular savings, pensions,  
life cover, inheritance tax planning, etc

Contact: **Nigel Bolitho of BV Services**  
185 High Street, Cottenham. Cambridge.  
CB24 8RX.

Tel **01954 251 521**

Email: **[ncfb007@gmail.com](mailto:ncfb007@gmail.com)**

Authorised and regulated by the  
Financial Conduct Authority

## Topfield Farm

16 Cambridge Rd,  
Barton,  
Cambridge, CB23 7AR



**MAGGIE'S Farm Shop**  
**Nordic lifestyle & gifts**

[www.maggiesfarmshop.com](http://www.maggiesfarmshop.com)  
[@maggiesfarmshop](mailto:@maggiesfarmshop)  
[info@maggiesfarmshop.com](mailto:info@maggiesfarmshop.com)  
+44 (0) 1223 263169



**Lance Rayner**  
**Sectional Buildings**

- garages - workshops - sheds  
- garden rooms - greenhouses  
- concrete, steel or wooden  
+44 (0) 7702 669026  
+44 (0) 1223 262888

# BAR HILL COUNTY COUNCILLOR'S REPORT

Cllr Edna Murphy - [Edna.Murphy@cambridgeshire.gov.uk](mailto:Edna.Murphy@cambridgeshire.gov.uk)  
01223 577005



## A14 overbridge

National Highways has accepted that the overbridge has sunk causing the bumps and ramps, and this was due to problems in construction. The County Council has been focused on ensuring that the structure is safe and trying to mitigate the presenting problems, while at the same time engaging with National Highways on how to fix the problem.

The first step has been to try to identify the root cause of the movement and thus what the most effective solution would be. While it's probably fairly obvious they want to be certain and so National Highways has been developing a methodology for monitoring the movement over a period of time – is it continuing to move, has it stopped, is it getting worse? They feel that they need to monitor over a period to properly establish a baseline and get a sense of the scope of the problem. They are currently finalising the specification for the monitoring equipment which will be installed to provide data to better understand the core issue regarding movement. They feel the monitoring needs to be done over a 12 month period. This timescale may be shorter if they have sufficient data (for example if it has clearly stabilised) or may need to be increased if further evidence is required (for example if it is variable or getting worse).



Meanwhile the County Council will be doing remedial works to the surfacing to the B1050/A1307 Hattons Road bridge. After this is completed, they will be planning further remedial works to the Bar Hill junction. The County Council's Highways department will continue to work closely with National Highways on this issue.

## A14 trees

National Highways is progressing well in terms of replanting during this winter planting season. You may have seen people at work doing this! Despite the poor weather at times National Highways say they are on schedule to complete the exercise by the end of March. They will then be adopting the new maintenance regime over the summer as they understand that taking care with the post planting support is critical to ensuring the survival of planted trees.

Interestingly they have responded positively to our continued requests to stop using the plastic tree guards and now have adopted non-plastic fully biodegradable tree guards – not just for this project but nationally. The manufacturers of the tree guards recently won an award (Sustainable Product of the Year at Pro Landscaper Sustainability & Biodiversity Awards). The A14 tree project is the largest user of these biodegradable tree guards in the country.

## Derelict buildings

Sadly they remain in place with no current prospect of change. I have long argued that a starting point for change is for National Highways to engage with local residents to get more ideas about what people want in this space. And also that they should look to partner with other public bodies (South Cambs District Council, the County Council



**ALAN'S**  
CARPETS

## Carpets and Vinyl Supplied and Fitted

We have been in the carpet  
trade for 50 years!

Free Quotes

Home sample selection service  
available or visit our showroom  
located in Swavesey

Express delivery & fitting

Phone

**07790 681317**  
**01954 232298**



## A Barrett & Son Electrical

Competitive Prices and First Class Service

All Types of Electrical Installation, Maintenance  
And Repairs including testing and inspection  
Domestic, Industrial and Commercial

Bar Hill Resident for over 40 Years

- New Build Installations • Security Lighting
- Rewires • Zappi Car Chargers
- Extensions • Testing / Inspections
- Smoke Detectors • Data Wiring
- Lighting • Consumer Units
- Power • Heating/Showers

A Barrett & Son Electrical

7 Oatlands Avenue, Bar Hill, Cambridge, CB23 8EQ, United Kingdom

Mobile: **07735615871**

Email – [barretts11@msn.com](mailto:barretts11@msn.com)

NICEIC Reg No : EPP32673

Vat Reg No. 258 9429 52



## Join Our Super Volunteers!

We know just how much our wonderful volunteers can improve a patient's stay here at Addenbrooke's or the Rosie hospital. Volunteers are invaluable to our Hospitals. We have opportunities for every age, to come and support your community.

Our volunteering force was hit hard by the 2019 Covid pandemic, with over 200 of our original volunteers leaving and moving on to different things during the time in which volunteering was suspended at CUH. We have been working hard to recover and created a campaign. Our Tell a Friend Campaign is to help us achieve our target of 400-450 volunteers. To support it, you can join us, or spread the word about our wonderful volunteering opportunities by telling a friend.

"I love volunteering at CUH because I keep learning so much, from the patients, from the staff and from being involved."

For more information visit: <https://volunteering.cuh.org.uk>



**Join our super Volunteers!**



## Hedgehog Fact

There are 17 species of hedgehog and they are found in Africa, Asia and Europe.







**RADIO MARIA**  
ENGLAND

*A Christian Voice By Your Side*



Online



Digital Radio



Smart Devices



Free App



Podcasts



Spotify



SCAN ME

'The Lord your God is  
with you  
wherever you go.' -

Joshua 1:9

[www.RadioMariaEngland.uk](http://www.RadioMariaEngland.uk)

# JASON KIRBY

*Professional Painting  
& Decorating Ltd*

*A Professional Service  
from Start to Finish*

Tel: 01954 211775

[www.jasonkirbyltd.co.uk](http://www.jasonkirbyltd.co.uk)



**City & Guilds**  
Qualified



**APPLETREES**  
**PLUMBING & HEATING**



Number 564278

All types of domestic plumbing, heating, renewable energy and gas work undertaken including:

Boiler Installation and Servicing  
Radiator Installation and Moving

Heating System Updating and Installation  
Heating System Cleaning and Power Flushing  
Inspection and Certification  
Renewable Energy Specialists

Bathroom Installation  
Appliance Installation

Tap repairs  
Toilet repairs  
Install & repair water storage tanks  
Underfloor heating

City and Guilds Qualified and Gas Safe Registered

Local Plumbing and Heating Engineer

Office Number – 01353 741236

Email – [info@appletrees.plumbing](mailto:info@appletrees.plumbing)



# Bar Hill Motors

20, Viking Way (next to Tesco's)

**For all your car care needs**



The air conditioning has had a hard summer!  
Has it been serviced in the last two years?  
If not, we can help with our Qualified Staff  
and equipment

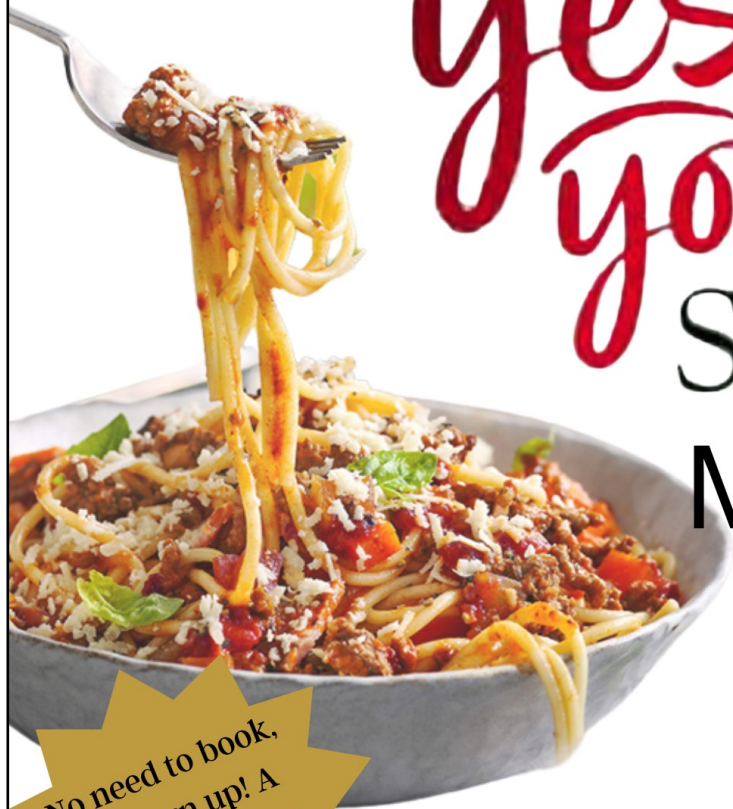
**Opening times**

Mon. To Fri. 8.00am - 5.30pm

Sat. 8.30am - Noon

Closed Sun.

 **781132**



yes  
you can  
with  
Slimming World

Mondays at 6pm!

Bar Hill  
Primary School

With Amy  
07714919087

No need to book,  
just turn up! A  
warm welcome  
awaits!



BLUE HOUSE  
Computer Help

ASK AN EXPERT

First 15 minutes  
FREE!

### TO DO

- ☐ Do the Washing Up
- ☐ Go to Work
- ☐ Walk the Dog
- ☐ Do the Laundry
- ☐ Fix the Technology

Technology never gets to  
the top of your list?  
We'll put it at the top of ours.

PCs, Macs, iPads, Phones,  
Wi-Fi, House Calls, Everything

CALL

01223 85 30 20

We get 5 star reviews on

★★★★★ Google

Blue House Computer Help,  
Cambridge Road, Oakington



# BAR HILL PARISH COUNCIL

Parish Council Office, Hanover Close, Bar Hill. CB23 8EH  
01954 780456 - [clerk@barhill-pc.gov.uk](mailto:clerk@barhill-pc.gov.uk)  
Chairperson: [bunty.waters@barhill-pc.gov.uk](mailto:bunty.waters@barhill-pc.gov.uk)

## Correspondence

For any correspondence please contact the Clerk in the first instance (see above).

We now have a new Parish Clerk Carla Walker please see updated opening times below.

## Parish Office Opening Hours

Mon-Fri 9:00am - 5:00pm

## Litter Picking

The Parish Council would like to thank all those residents that have been involved in litter picking around the village.

## Tree Works

The annual tree works are ongoing and you will see them working around the Village.

## Skate Park

We are looking for people who would like to join the Skate Park Working Party if you are interested please contact the Parish Clerk for more information.

## Committee Meeting Dates

Full Council Meeting 15 February 2024

Finance and Policy Meeting 13 March 2024

**USEFUL LINKS:** Dogs (Fouling of Land) Act 1996 ([bit.ly/bh-dogfouling](https://bit.ly/bh-dogfouling)) - Environmental Crime ([bit.ly/bh-envirocrime](https://bit.ly/bh-envirocrime)) - Damaged Street Nameplate ([bit.ly/bh-streetnameplate](https://bit.ly/bh-streetnameplate)) - Reporting issues with roads, paths, street lights, etc. ([bit.ly/bh-highwaysfault](https://bit.ly/bh-highwaysfault)) - Report a non-urgent Crime - ([bit.ly/bh-reportcrime](https://bit.ly/bh-reportcrime))

## MEMORIAL GARDEN UPDATE

March 2024

Many thanks to the Team, for all those that continue to weed, water the garden as required, your help is appreciated.

Spring is fast approaching and we can see the bulbs pulling through and the plants beginning to change.

Memorial Garden Sleepers. As reported previously these are in need of replacement as soon as practicable. We have a quotation from a Professional Landscaping Company. Costing £3900. We only have £1500 towards this cost we are therefore appealing to our Community to help fund the replacement sleepers. The plaques will be preserved in a manner that we can transfer them to the new Sleepers. This matter is now extremely urgent.

We are seeking financial help from The Parish Council who have offered a donation, The Community Association, who have also offered a donation, South Cambridgeshire Community Chest, The Co-Op.

However, can "YOU" also help financially towards these being replaced. Cheques may be left at 7 Acorn Avenue made payable to Bar Hill Memorial Garden or alternatively paid directly into Bar Hill Memorial Account at the Cambridge Building Society Account Number 1768402740 If you wish to talk to someone re a donation then please phone Chris on the numbers below. Thank you to those who have given financial support for this work.

Should you wish to place a Memorial Plaque then contact Chris Stannard on **01954 781978** or **07711 623425**. Email [c.e.stannard1@gmail.com](mailto:c.e.stannard1@gmail.com)



## Bar Hill Village Hall

The large Main Hall has multi-purpose vinyl flooring, making it flexible for all types of events. There is a kitchen alongside the Hall with a serving hatch, making it useful for self-catering at parties, discos and the like. The licensed bar can be booked on request and will be serviced by the Sports and Social Club. The Hall opens out onto a large patio area that is ideal for external activities or a spill-over for internal events and has two bolted gates that lead off the premises.

There is also a Meeting Room, with its own independent access and great for meetings of up to 10 people.

The Village Hall is managed as a registered charity (number 1002579). To book, please visit our web site [barhillvillagehall.com](http://barhillvillagehall.com) and email

[enquiries@barhillvillagehall.com](mailto:enquiries@barhillvillagehall.com) to confirm arrangements.

Alternatively, call **01954 782414** and leave a message. We aim to return calls within 24hours (Monday to Friday).

Paul Emeny  
Mobile Fishmonger

Top quality fresh  
Grimsby fish



Bar Hill Village Hall  
Every Tuesday from  
1-30 - 2-30pm

24

tel: 07956 594762

cda Hearing Help 2024

## Bar Hill

**Drop-In HEARING AID Maintenance and  
Battery Collection Sessions**

**Wednesday, 6th March 2024**

**10 am - Noon**

**In the Octagon Meeting Room  
at Bar Hill Church Centre  
Viking Way, Bar Hill CB23 8EH**

**And continuing on the 1<sup>st</sup> Wednesday of every month**

Book an appointment [www.cambridgeshirehearinghelp.org](http://www.cambridgeshirehearinghelp.org)  
or leave a message 01223 416141 & we'll get back to you  
Drop-ins welcome

### VOLUNTEERS

We need volunteers to ensure this service can run, please  
get in touch if you would be interested in getting trained  
up as a receptionist or a hearing aid technician or both!

## Bar Hill Sports & Social Club

**EVERY  
WEDNESDAY**



**6-9pm**



# Bar Hill Spice

( Feeding Happy )

Your local Indian Takeaway.

Order on **01954 781007** or **01954 781777**.

Free delivery to Bar Hill.

Order online on [www.barhillspice.co.uk](http://www.barhillspice.co.uk) to claim £5 off on your first order. We reward you for your every order when you join Bar Hill spice loyalty scheme.

# PEASGOOD & SKEATES

THE FAMILY FUNERAL SERVICE

Personal care and attention  
24 hours a day by local, qualified staff

**617 Newmarket Road**

**CAMBRIDGE**

**01223 415255**

**164 Histon Road**

**CAMBRIDGE**

**01223 791060**

*Also in Duxford, Sawston,  
Saffron Walden and Haverhill*

**[www.peasgoodandskeates.co.uk](http://www.peasgoodandskeates.co.uk)**

**RedLocks  
Locksmiths**



**Locked out? All locks opened,  
fitted, repaired and replaced**

- Garage doors
- UPVC door & window specialist
- Safes fitted and opened
- All work guaranteed
- 24 hour service
- CRB/DBS checked

**SERVICING BAR HILL AND  
SURROUNDING AREAS**

Student and OAP discounts

**freephone 0800 8 247 047**

**t 01954 202818**

**m 07784 240 970**

**w [www.redlocks.co.uk](http://www.redlocks.co.uk)**

**e [info@redlocks.co.uk](mailto:info@redlocks.co.uk)**

## **GB BUILDERS**

**NO JOB TOO SMALL  
FOR ALL MAINTENANCE  
RENOVATIONS AND DIY WORK**  
All general building repairs & odd jobs  
Specialist in Painting & Decorating

Groundwork & Grass cutting

- Driveways, Paths, Patios
- Brickwork & Plastering
- Block paving
- Concreting
- Slabbing
- Fencing
- Plumbing
- Tiling
- Roofing
- Drainage
- Guttering
- Carpentry

**Call today**

**07877 742 420 or**

**01487 479253**

**[g.builders@yahoo.co.uk](mailto:g.builders@yahoo.co.uk)**



## The Europe Challenge

Coming soon to Bar Hill Library...

### Meet. Eat. Art.

Would you like to cook alongside other community members, try different foods and enjoy a range of cultural art activities, suited to every member of the community?

Meet. Eat. Art. Is a programme of events over a 6-month period to bring the diverse community of Bar Hill together, to enjoy a range of cultural activities and food made possible by Bar Hill Library's successful bid within The Europe Challenge, working closely with the Bar Hill Community Association.

Starting in April 2024, you are warmly invited to join the library and the Bar Hill Community Association in The Octagon, to use our range of donated goods to cook up a storm and share the food you make. You will then be welcome to join us in the library, for a range of cultural events to enjoy.

Sound interested? Please do come along for our information event on Wednesday 21st February at 2pm – 5pm. We will be joined by the talented team of The Fitzwilliam Museum to make some art (families and adults all welcome); but it's also your opportunity to find out more about the project and influence it!

On the day and throughout the half term you will be invited to tell us what you would like



to see and do, within Meet. Eat. Art. Please do tell us what you would love to cook and help us with what programmed events you'd like to see. Choose from theatre, workshops, puppetry, music. The choice is yours!

If you feel you or your organisation would like to support the project, please do contact us! We are keen to hear from anyone with cooking experience, especially if you have your Food Hygiene Certificate and can commit to one Saturday morning a month from April – September 2024. Please contact us at:

**[BarHill.Referral@cambridgeshire.gov.uk](mailto:BarHill.Referral@cambridgeshire.gov.uk)**

Please do come along and help us to make Meet. Eat. Art. Successful. We look forward to seeing you there!



Photo: Terri Lewis, Area Library Manager, Elizabeth Street, Community Library Assistant, and then Jess Smith, Community Library Assistant (District Cover)

## Europe Challenge 2024 in numbers



**126**  
applications  
received



**55**  
applications  
successful

Total grants awarded

**€ 466,035**



Total number of  
people expected  
to directly benefit  
from the proposed  
projects

**120,000**

City & Guilds Level 3 qualified professional dog groomer, fully insured,  
based in Bar Hill.

*Fur The Love*



- Bath, brush & blow dry
- Midi Groom
- Full Groom

- Puppy Groom
- Dashed
- Handstrip

To book an appointment please contact:

Mobile: 07480495366

Email: [kate.furtheloveofdogs@gmail.com](mailto:kate.furtheloveofdogs@gmail.com)

Facebook: [@furtheloveofdogsbarhill](https://www.facebook.com/@furtheloveofdogsbarhill)

Instagram: [furtheloveofdogs\\_kate](https://www.instagram.com/furtheloveofdogs_kate)



**Craig Hinchliffe**

**07944 609868**

*Bar Hill Resident  
over 30 years*

**Local, Honest & Reliable**

**Free Quotes**

**Extensions & Conversions**

**Kitchens & Bathrooms**

**Driveways & Patios**

**Windows & Doors**

**Floor & Wall Tiling**

**Painting & Decorating**

**[hinchliffebuildingservices@gmail.com](mailto:hinchliffebuildingservices@gmail.com)**

### **R. A. Miller Plumbing and Domestic Heating**

Fenside, 71 Willingham Road,  
Over  
Cambridge CB24 5PE



All plumbing work undertaken

- New boiler replacement and installation with free quotation
- GAS boiler and GAS fire servicing - Landlord Certificates.
- Heating problems - Diagnosis and rectification.
- General plumbing - taps, washers, pipe work, showers, etc.
- Full and partial Bathroom installation work

For a reliable and professional local service

**Robert Miller**

Office **01954 203277**, Mobile **07831 853885**

[robert.miller@ntlworld.com](mailto:robert.miller@ntlworld.com)



# Bar Hill Primary School

During the week of the 5th February, every child in school has had a daily task linked to Children's Mental Health week. Monday saw us all 'connecting' with one another, such as finding out something new about someone. Tuesday we were all 'active' - we started our day with movement and took part in regular movement breaks throughout the day. Wednesday taught us to 'take notice' - we considered things we are grateful for and something we are proud of. Thursday saw us 'learning' - this was something we could teach and be taught by our peers, such as a phrase in another language, how to tie a shoe lace or zip a coat. Finally, on the Friday, along with dress to express, we were able to 'give' - we discussed and demonstrated how to be a good friend throughout the day and show kindness to those around us.

We are very proud to announce we have our own Panathlon team in training! A selection of children across school, both KS2 and KS1 have been hard at work refining their fine and gross motor skills whilst building confidence, communication and team work. They complete a range of stations each week, with staff. It has been lovely to witness beaming smiles from everyone from the outset.

In January, four of our Year 6 students took part in a heat for the Cambridgeshire English Challenge. Parisa, William, Alex and Alexandra showed amazing teamwork and strategic thinking, as well as impressive English skills, over four rounds of competition including a reading

memory test and book quiz. Although the team won't progress to the final, they performed brilliantly in a very close competition and we congratulate them for showing all our school values. Well done team!

At the same time, four of our Year 4 mathematicians participated in the St Faith's Year 4 Maths Challenge. Their conduct was superb, and they worked incredibly well in their teams to beat the clock and complete the different rounds. The children were asked to complete a variety of problem-solving and pattern-finding exercises using a range of unfamiliar resources – tasks they completed with grace and consideration. It was a fantastic event and the competition and talent across the schools was very strong. It was great to see how well they held their nerve when faced with some difficult questions. Well done to all of them!





# UniPlumb



We offer a full range of plumbing and heating services including the following

- Full bathroom installation & tiling service
- Full central heating system installation
- Vented & unvented cylinder replacement
  - Boiler installations / replacements
  - Central heating power flushing
    - Repairs & maintenance
    - Shower installation
  - Water softener installation
    - Underfloor heating
    - Kitchen installation

To complement the above, we can also provide electrical, carpentry and plastering services

For a free quote please call 01954 212553 or email [info@uniplumb.com](mailto:info@uniplumb.com)  
Alternatively visit our office at  
117 Highfields Road, Highfields,  
Caldecote, Cambridge CB23 7NX

## T.N. Walsh (AIP-RP) Plumbing and Heating

Tel: **01954 780252**

Mobile: **07887 561525**

All plumbing and heating work,  
including power flushing

Acorn Avenue, Bar Hill, Cambs, CB23 8DT  
24 hour service...No call out charges!

23354 026851

Est. 1989



## BHCA

Looking for opportunities to  
volunteer? Want to use or develop new  
skills? Computing, English, Marketing,  
... ?

We'd love to hear from you at the Bar  
Hill Community Association (BHCA).

Please get in touch:

[volunteering@barhill-ca.org](mailto:volunteering@barhill-ca.org)

07814 871 752

# GEORGE

## D.I.Y. MAN

Small Electrical Jobs  
Decorating  
Woodwork

OAP Discounts  
Lifetime of Experience

No Job Too Small

## 07544 871650

[george1813@outlook.com](mailto:george1813@outlook.com)

## THE ROYAL BRITISH LEGION

The Royal British Legion is open to anyone who would like to become a member. You do not have to have served to join. We are there to support all ex-service personnel.



If you would like to join, please either come along to a meeting (25th April, 27th June, 26th September and 24th October) or contact Wendy Arrowsmith on **01954 781381** or Malcolm Cox **01954 488657**.

**citizens  
advice**

**GOT QUESTIONS,  
SOMETHING  
WORRYING YOU?**

**BENEFITS, WORK, DEBT & MONEY, CONSUMER,  
HOUSING & FAMILY, LAW, IMMIGRATION**

**WHERE?  
OCTAGON (OPPOSITE MAPLE SURGERY)  
EVERY MONDAY 9AM - 12PM**

**BOOK AN APPOINTMENT:**

**CALL US**

☎ 0800 088 6522

**EMAIL US**

✉ [barhill@cambridgecab.org.uk](mailto:barhill@cambridgecab.org.uk)



## Bar Hill Indoor Bowls Club

We meet in the school on Friday evenings during term time only from 7.30 pm to 10pm with a 1/2 hour break for coffee. We are a very friendly group and we would love to have some new members. It doesn't matter if you have never played before just come along and join us one Friday, the cost is £2 per week but the 1st week is free.

So why not come along and give it a try?

If you would like more information please contact me on **01954 204171 / 07847 327709** or [\*\*barbara.page@live.co.uk\*\*](mailto:barbara.page@live.co.uk)

**30**



**5asideCHESS @ Bar Hill Hub,  
the Octagon, CB23 8EH.**

**Every Monday 10 am to 12 pm**

5asideCHESS is a great way to connect and start a conversation - with people happy to teach you this wonderful game.



# C & C BLINDS

**VERTICAL BLINDS  
WOODEN VENETIAN BLINDS  
ROLLER BLINDS  
ROMAN BLINDS  
VENETIAN BLINDS**

*SPECIALISTS IN  
BLINDS  
ANY SIZE AND  
COLOUR*

**REPAIRS**

**FREE ESTIMATES**

**Tel: 01223 211171 — Mobile: 07761 262070**

## Crazy Dog Lady

### Pet Services



Services include:

Dog Walking  
1-2-1 Training  
Pet pop-ins  
Dog Sitting (some restrictions apply)

Friendly, reliable, fully insured with a secure van. DBS checked.

For prices and details visit  
[www.crazydogladyservices.co.uk](http://www.crazydogladyservices.co.uk) or call 07913 690021



# Paying too much for your glasses?

## Save Money - Buy Direct!

Visit our factory shop to see our fabulous range of Discount Prescription Eyewear

- Hundreds of frames to choose from, including designer frames from Ray-Ban, Polo Ralph Lauren, Oakley, PRADA, Ted Baker and Versace
- Specialists in high and complex prescriptions
- Same-day or next-day service available\*
- Save up to 75%
- Huge range of designer sunglasses
- Full range of sports eyewear

Official stockists

\*subject to prescription and availability



**POLO**  
RALPH LAUREN



**PRADA**  
EYEWEAR

**TED BAKER**  
LONDON

**VERSACE**

We are open 9am to 5pm Monday to Friday, and 9am to 1pm Saturday



**ALL EYES**  
SPECTACLE MAKERS  
SINCE 1987

Call us

**01954 231545**

Visit our website

**www.all-eyes.co.uk**

20 Norman Way Industrial Park, Over, Cambridge CB24 5QE



ADULTS - KIDS - LADIES ONLY

YOUR FIRST CLASS IS FREE

Learn the exciting Art of Muay Thai KickBoxing

with Former British & Commonwealth Champion - JUNIOR HERBERT

CALL JUNIOR : 07900 553963

Email: [junior@jhfitnessacademy.co.uk](mailto:junior@jhfitnessacademy.co.uk)



**Greenwood**  
homecare

## Do you need care visits at home?

Greenwood Homecare provides quality care in Cambridge and the surrounding areas



**FREE ASSESSMENT**



**DAY, LIVE-IN OR NIGHT CARE AVAILABLE**



**FOR MORE INFORMATION**

Visit: [Greenwoodhomecare.co.uk](http://Greenwoodhomecare.co.uk)

Email: [Bethanie@greenwoodhomecare.co.uk](mailto:Bethanie@greenwoodhomecare.co.uk)

Call: **01223 850938**



Friendly Bar Hill based roofer  
20+ years experience  
Small repairs to complete re-roofs

**T**  
**TCW**  
**ROOFING**

roofingtcw@gmail.com  
07885470122



12 Months Interest Free Available



ColourFence



ColourRail



ColourGate



ColourShed

Over 100,000 Fences Installed and Still Standing.  
Over 40 Branches Nationwide.



ColourFence



ColourRail



25 year  
guarantee

Withstands gusts  
of up to  
130 mph

Virtually  
maintenance  
free!

No pressure  
promise

The only fence that won't warp, crack, shrink, rot, peel, break or blow over...  
well, for 25 years at least!

NO RISK PROFESSIONAL INSTALLATION

SUPPLY ONLY

SAVE £s FIT IT YOURSELF

TRADE ENQUIRIES WELCOME

Create your look with a  
choice of designs and sizes  
in four colours



We also have a wide range of  
ColourRail in various designs and  
colours, please ask for details.

"Brilliant product and  
excellent staff. My whole  
garden is now beautifully  
furnished with this garden  
fencing! No more painting for  
me and no more worries about  
windy weather. So pleased!"

- Anne Brown, Cornwall

12 months Interest Free  
or  
Interest Bearing up to 60  
Months

Example: Total amount of credit  
£2250, agreement duration  
5 years, the payments will be  
around £50.27 per month  
subject to lender's discretion.

FOR A FREE, NO OBLIGATION QUOTE TODAY, FIND OUT MORE VIA:

01223 811 160

colourfencecambs.co.uk

†Hose down several times a year - Freed Fencing Ltd. is an introducer  
appointed representative of Ideal Sales Solutions Ltd t/a Ideal4Finance. Ideal  
Sales Solutions is a credit broker and not a lender (FRN 844269). Finance  
available subject to status. The rate offered is always provisional and will  
depend upon your personal circumstances, the loan amount and term.

Deal

4 Finance

Trustpilot

Rated Excellent

MADE IN BRITAIN

FENCES

RAILS

GATES

SHEDS

DOMESTIC

COMMERCIAL

TRADE

SUPPLY ONLY

**ELITE**

TEL: 781937 MOB: 07986392611

43 THE SPINNEY  
BAR HILL  
CAMBRIDGE, CB3 8ST

- \* FULL BATHROOM AND KITCHEN DESIGN  
& INSTALLATION
- \* ALL ASPECTS OF FLOOR/WALL TILING
- \* SUPPLY & FIT OR LABOUR ONLY
- \* LAMINATE WOOD FLOORING
- \* FREE QUOTATIONS AND ADVICE
- \* QUALITY WORK GUARANTEED

WE CAN ALSO LOOK AFTER ALL YOUR  
PROPERTY MAINTENANCE REQUIRE-  
MENTS

32

e-mail: dean.mills2@hotmail.co.uk



Weekly playgroup sessions for babies and  
preschool children

A range of toys and play equipment with fun activities including  
crafts, singing, sensory play and story time

Thursday Morning 9:45-11:15am\*  
at the Octagon, Bar Hill

\*term time only

Taster session Free, Further sessions - under 1 £2, over 1 £3, 2  
or more children £4 refreshments and snacks included

We look forward to seeing you at our next session

## Bar Hill Cricket Club

Our annual meeting is our first sign of throwing off a winter of hibernation and preparing for the next season.

Ash Curry remains as our Chairman and Richard Page as our President, while Peter Stockton was elected as Treasurer.

Tom Page continues as Secretary and will also lead us into action on the pitch as our first-team captain.

We are once again playing in the CCA Junior League on Saturdays and the Cambs Business Houses League in midweek.

We'll soon know our fixtures for the season, so more details will follow in the Bar Hill News and on our website at [barhillcricket.org.uk](http://barhillcricket.org.uk) or on our Facebook page.

If you are interested in playing next season, or helping the club in any way, contact us via [info@barhillcricket.org.uk](mailto:info@barhillcricket.org.uk)

Paul Stimpson

201212 | [info@barhillcricket.org.uk](mailto:info@barhillcricket.org.uk)



## Bar Hill HAPPY HOURS Club - March 2024

The Bar Hill Happy Hours club meets in the main bar area of the Bar Hill Sports and Social Club between 2 and 4pm on Friday afternoons for tea/coffee and cakes, getting together with friends, fun and games. All of this for only £2 per person. The bar is open if you want something extra.

We are looking for new members to join us, so if you are 50 or over, want to get out, see some old friends, meet some new ones and have some fun why not come along and join us.

### Coming up:

1st March: St David's Day - Welsh theme

**8th March: Charity Afternoon tea in aid of Alzheimer's Society – any donations of cakes or raffle prizes greatly appreciated. OPEN TO EVERYONE**

15th March: St Patrick's Day – Irish theme

22nd March: Bingo and a Quiz

29th March: Good Friday/Easter

If you give us a try your first week is free.

Anne Plumb

01954 780364 | [anne@rwp10.plus.com](mailto:anne@rwp10.plus.com)

### Charity Afternoon Tea in aid of the Alzheimer's Society

WHEN: Friday 8<sup>th</sup> March

WHERE: Bar Hill Sports and Social Club

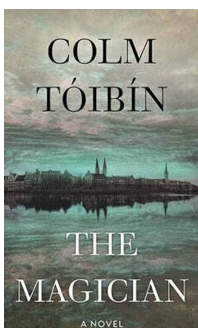
TIME: 2pm until 4pm

Tea, coffee, lots of cakes and a raffle.



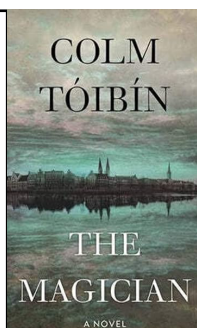
Please come and support this worthy cause!

Anne Plumb, Tel: 01954 780364, email: [anne@rwp10.plus.com](mailto:anne@rwp10.plus.com)



## Bar Hill Ladies Book Club

Bar Hill Book Club will meet again on Tuesday 12th March in the Sports and Social Club at 7:30 pm. The book is: "The Magician" by "Colm Toibin". For details of future events please email [sheilafarrar@hotmail.co.uk](mailto:sheilafarrar@hotmail.co.uk) or call/text 07920 558319





# FRIENDS OF THE ROSIE

HAND-MADE CHILDREN'S TOYS AND CLOTHES

RAISING MONEY ON BEHALF OF THE FRIENDS OF THE ROSIE HOSPITAL - REGISTERED CHARITY NO: 1036092

We wish all our Mums and supporters a very Happy Mothering Sunday and all the very best of health throughout 2024.

You can grab yourself locally sourced, unique, beautifully crafted gifts for special friends and family by using our online stores, and you will be avoiding the crowded shops and keeping yourself safe. You can shop for new items at

[www.rosieinstitches.org.uk](http://www.rosieinstitches.org.uk) or donated items in our rosieinstitches2010 eBay charity store, and vintage knitting patterns on our facebook page. Please take a look at our extensive selection of jumpers and cardigans ideal to keep babies and children up to 4 years old toasty and warm through the winter using coupon sleeves50.

Thank you for supporting our charity we have already raised £300 for The Rosie Hospital in 2024.

Come and see us in person at :

**Bar Hill Community Market on**

**Saturday 2nd March 10.30am - 2pm**

**Saturday 6th April 10.30am - 2pm**

Our Annual General Meeting is scheduled for March 11th at 12pm at The Rosie Hospital.

Aurelia London are offering a complimentary Miracle Cleanser 50ml when you spend £40! Worth £22 click on the link on our website

A fundraising platform we are now using is Benevity <https://causes.benevity.org/causes/826-1036092>

By signing up to support Friends of the Rosie Hospital, Cambridge, England for FREE on <https://>

[www.easyfundraising.org.uk/causes/forh](https://www.easyfundraising.org.uk/causes/forh), you can raise donations whenever you shop online with over

7,500 brands including John Lewis & Partners, eBay, Argos, M&S and more.

We are continuing to accept donations of unwanted crafting materials for our crafters to use or for us to sell on eBay. We are still recruiting new crafters to our team.

New members are always welcome, whether to contribute financially, to join our team of crafters or display a small selection of our wares. Further details are given on our website volunteering page.

Thank you for your continued support.

Stay safe

Avril Williams | **01954 782431** | [avril@rosieinstitches.org.uk](mailto:avril@rosieinstitches.org.uk), and Jo Hall | **01954 780304**



**Bar Hill**

**Neighbourhood Watch**

*working for a safer community*



To contact Neighbourhood watch please email [nhwinbarhill@yahoo.co.uk](mailto:nhwinbarhill@yahoo.co.uk)

To keep up to date on the latest developments please join us on facebook: [bit.ly/FBBarHillNH](https://bit.ly/FBBarHillNH) (or search for "Bar hill NHW")



## Easter 2024 – Opening Hours

Please note the surgery will be CLOSED for the long Easter weekend including the bank holidays on Friday 29th March and Monday 1st April.

Please plan ahead and make sure you have enough medication. The last date for ordering repeat prescriptions in time for the long weekend is Monday 25th March. The last date for collection is Thursday 28th March, by 1pm at Longstanton Surgery and 6pm at Willingham.

When the surgery is closed please call **111** for medical assistance, or **999** for a life threatening emergency.

For Urgent Mental Health Support, please call **111** and select option 2

Details of local Pharmacies that will be open over the bank holidays will be posted on the surgery doors, and also on social media and our website.

## Online Consultations using Patient Triage

This is a great way for you to contact our practice for non-urgent medical or admin requests. You can request results, sick notes, medical advice and order repeat prescriptions. It is a very simple form to fill in online and submit straight to the GP. You can access the new patient form via the NHS app or from our website, where the link is available on our home page. If you do not have access to the internet or find it difficult to use a computer or smartphone you can call reception instead and they will complete the triage form on your behalf.

Although the character count is limited on the form, please try to give as much specific and concise information as possible. Also,

please bear in mind that, so as not to overwhelm the GP, there is a daily cap so we would ask that you only send one request per patient per day.

Please note - The practice will respond to your enquiry within 2 working days. If you need urgent assistance for an acute problem, please continue to call our reception team for an on the day appointment. Continue to use **111** for medical help when we are closed, or **999** for a life threatening condition.

## Car Parking at the Willingham Medical Practice

May we politely remind the wider community that the car park at the Willingham Medical Practice is privately owned and is for the use of our patients and staff only. We respectfully ask that it is not used for the school drop-off/collection as this means that our patients, some of whom are feeling very unwell or have serious health issues, are unable to park. It also causes issues with everyone's safety when the car park is unnecessarily busy.

## Carers Meeting

If you are a carer for someone and need advice and financial or emotional support, please come along to our carers support meeting on Wednesday 6th March at Willingham Surgery, where we will be holding a drop in session between 2pm and 4pm. Please come along and get some support from other people in the local community. Refreshments are provided, no need to pre-book and completely FREE! Meetings are held on the first Wednesday of every month and for more information please contact [susan.lawson7@nhs.net](mailto:susan.lawson7@nhs.net)





# WELLBEING WALKS

Cambridgeshire and  
Peterborough



Healthy You

**When:**

1st and 3rd Tuesday's of every month  
setting off from 10:15 (Parish Council  
Offices) or 10:30 Bar Hill Hotel.

Supported in Bar Hill by



[wellbeing-walks@barhill-ca.org](mailto:wellbeing-walks@barhill-ca.org)

**Where:**

We walk around the village or short walks out to  
the surrounding villages (Lolworth, Dry Drayton)

Details of past walks are on the [www.barhill-ca.org](http://www.barhill-ca.org)  
website. The walks end about 11:30 for free Tea/ Coffee  
in Bar Hill Library.

You can also contact:

**[Ben.Truett@scambs.gov.uk](mailto:Ben.Truett@scambs.gov.uk)**

for information on wellbeing walks.

Bar Hill  
library

Find a well being walk near you:  
[ramblers.org.uk/wellbeing-walks](http://ramblers.org.uk/wellbeing-walks)







Come and join Onyx and his friends at our popular....

## PUPPY SOCIALISATION & TRAINING SESSIONS

**Sessions run twice daily Monday to Friday**

**AM session: 8am to 12 noon\***

**PM session: 12:30pm to 4:30pm\***

**£20 per session (up to 6 months)**

The course is designed and run by Tamsin-Jane Sewell a degree qualified Canine Psychologist, leading local dog behaviorist and highly acclaimed trainer. Here your puppy will be scientifically introduced to many other breeds of dog where he/she will learn to socialize properly, giving your new fur baby the very best start in life. Our aim is to help you develop a well rounded and contented dog from puppy through to senior citizen.

During each session an element of training is introduced, tailored to your dogs identified developmental needs, with a short video uploaded to a dedicated and exclusive 'members only' training area on our Facebook page. This will contain a demonstration of each task/developmental aspect with useful 'how to' tips to help you continue the training in your own home. Come and join us in our clean, safe and popular Day Care Facility in the village of Over just outside Cambridge.

\* come flexibility over pick up/drop off times

Well over 300 puppies  
successfully trained since  
the first easing of  
lockdown.



# NORMAN'S



RATED FACILITY

**Book your space now on 07764 959238 or TJ@normansdogdaycare.co.uk**



## Free, friendly running group in Bar Hill

Join us for an easy way to get into (or back into) running. You can't get left behind and our only goal is that you have fun. No commitment and low stress!

**Tuesdays  
& Thursdays  
at 6pm from  
The Octagon**

Info and booking: [linktr.ee/rfyl](https://linktr.ee/rfyl)

1		2		3		4		5
6								
7		8				9		
10								

## PUZZLE - March 2024

**Across:** 1.ridiculous, 6.weird, 7.farm machine, 10.lack of morals

**Down:** 1.chuckled, 2.pot, 3.irresponsible, 4.ban/pub, 5.make bigger, 8.mythical bird, 9.lightish brown





## OVER DAY CENTRE

2024 is set to be an exciting year for everyone at Over Day Centre, with the following fundraising events already in the diary. We look forward to your support as we endeavour to raise much-needed funds...



**ABBA**

Saturday 9th March 2024



**5 Pubs Challenge**

Sunday 12th May 2024



**Bike Ride**

Sunday 30th June 2024



**Quiz Night**

Friday 11th October 2024

For more details on all our 2024 fundraising events, please visit [www.overdaycentre.co.uk/fundraising/](http://www.overdaycentre.co.uk/fundraising/) or scan our QR code...



## Over Memory Café

inviting all people living with memory loss, their families and carers, to join us for Music, Refreshments and Fun.

our Memory Café is run by volunteers who rely on guests being accompanied by a carer or family member

free to all, every month on the fourth Saturday, our next Cafés for this year are on

**Saturday, February 24**

**Saturday, March 23**

**Saturday, April 27**

**from 10 am to 12 noon**

held at The Over Day Centre, 1 Drings Close, Over CB24 5NZ  
wheelchair accessible, free parking available

We welcome all from Over and surrounding villages  
booking is not necessary, for more information  
tel: 01954 231807 or visit [www.facebook.com/OverMemoryCafe/](http://www.facebook.com/OverMemoryCafe/)  
Hire County Council have supported the Over Memory Café with a seed funding grant as part of their Together Programme, which aims to support older adults to live happily at home for longer

## 1st Bar Hill Scout Group

Bar Hill Scouts now has four sections: Scouts, Cubs, Beavers and our latest section, Squirrels, for the 4 to 6-year-olds. They started in September and are having a lot of fun and starting to learn new skills.

The Beavers are enthusiastically tackling their programme and enjoy a sleepover with lots of games.

Cub Scouts enjoy a busy programme, learning new skills and craft projects, and attending group camp.

Scouts in our senior section had a weekend camp with many activities and cooking all the meals. The Scouts are looking forward to a summer camp in Holland and are raising money to help fund it.

Last but by no means least, a warm (we have just had new heating installed) welcome to Bar Hill Guides, who are now sharing the Headquarters.

We can be contacted about children joining or adults helping at

**[nathan.hills@barhillscouts.org.uk](mailto:nathan.hills@barhillscouts.org.uk)**

**CHARITY QUIZ NIGHT**

**SUNDAY 26th MAY**  
from 6pm (starts at 7pm)  
The Green Man pub  
SG8 6RA, Shepreth

**ALL FUNDS RAISED ARE FOR  
SWCC SHEPRETH HEDGEHOG HOSPITAL**

**£30 per team**  
(max. 6 people)

**INCLUDES FOOD PLATTER**  
£15 deposit per team payable by 28th April 2024



# Bar Hill Childminders



Bar Hill Childminders are all graded 'Good' on their latest inspections, are fully insured and have Paediatric First Aid training. We offer quality, caring, home from home care with a wide range of exciting experiences for the children, both within our settings and the local community.

We regularly go on walks, outings and attend local groups to help the children socialise. We find having a wide range of ages benefits all the children in our care, it helps the younger children's confidence and encourages the older children to be patient and understanding with the younger children, helping them learn and progress.

We accept the 2,3 and 4 year funding and the Government Tax Free Childcare payments.

As we are busy during the day with the children, please text us your enquiry with details of your requirements and we will contact you as soon as possible with our up to date availability and hourly rates.

Jacky – **07718447998** – ages 6 months upwards. Term time only and all year round care offered. Spaces expected from Sept 2024. No vacancies at present.

Kirsten – **07906218070** – ages 6 months upwards. Term time only and all year round care offered. No vacancies at present.

In January we enjoyed frosty and muddy walks with the children. As it was so cold we left some monkey nuts for the squirrels to help them find some food to eat.

We learnt about penguins and polar bears. We learnt how tall an Emperor penguin was and measured ourselves to see if we were taller.

We made some snowflake paintings because sadly we didn't have any real snow.



We took part in the big Garden Birdwatch at the end of January. We made bird feeders and used spotter sheets to see which birds

visited our gardens.

In February we had lots of festivals to celebrate. We made pretty lanterns and Dragon masks for Lunar New Year and we danced a Dragon dance wearing our masks. Some of us were lucky enough to have our names written in Chinese for us.

It was Valentines Day and we talked about our feelings and who we cared about.



We also mixed and baked yummy pancakes to share with our friends.

Mothering Sunday is mid March and we will be thinking about how special our Mummies are and making them special treats to show them how much we love them.

We will also be having fun looking for signs of spring on our walks and enjoying lots of Easter activities and hoping the Easter Bunny will leave us a little treat!



# THE FOX

GLADESIDE, BAR HILL, CAMBRIDGE, CB23 8DY.

01954 780305 | fox.cambridge@blackrosepubs.com

## A Venue for Celebrations of Life, Wakes, Birthday Parties and all Other Celebrations

Depending on your needs, we can reserve part or all of our restaurant, including our pool table area. Our garden is fully enclosed and has a sheltered seating area with benches and parasols in the grassed area. Our large car park is all weather hard standing.

Our chefs can prepare a finger buffet of hot and cold food, which would be tailored to your needs; we can also offer gluten-free, vegetarian, and vegan options and other dietary requirements.

The bar has a wide selection of wines, spirits and soft drinks. We have draught lager, cider, real ale and Guinness. We also serve a range of hot drinks.

For more information and to check availability, don't hesitate to get in touch with us



Mon	10:00am – 5:00pm
Tues	2:00pm – 5:00pm
Wed	10:00am – 5:00pm
Thurs	Closed
Fri	2:00pm – 5:00pm
Sat	9:30am – 12:30pm
Sun	Closed



## Bar Hill Community Market



**Saturday 2nd March**

**Saturday 6<sup>th</sup> April**



10.30am - 2pm



In the Octagon CB23 8EH

**Entry is Free**

All profits go to Community/Charity projects

Refreshments with Soups. Cakes and homemade crafts.

If you wish to be part of the market, please contact Karen Austen 07913923349

Email - bar.hill.community.market@gmail.com

Facebook - Bar Hill Community Market